

This month at the
Senior Resource Center

50 Route 24 (located inside the Church of the Messiah) Chester, NJ 07930
908-879-2202 info@SRCNJ.org

December 2018

Monday, December 3rd 12 Noon to 2 PM
(and every **First Monday** of the Month)

Lunch & Learn

Chester Public Library
250 W. Main Street, Chester
“Healthy Habits for a Healthier You”
Robyn Kohn
Alzheimer’s Associates

Complimentary LUNCH will be provided.
Seating is Limited - RSVP at 908-879-7612

Tuesday, December 4th 11:00 AM to 12:00 noon
(and every **First Tuesday** of the Month)

Flower Design Class

Come join the Chester Garden Club at the SRC
and create a seasonal flower arrangement.
All materials are supplied - \$2
Space is limited – RSVP at 908-879-2202

Tuesday, December 11th 12 Noon to 2 PM
(and every **Second Tuesday** of the Month)

Lunch & Learn

Mountaintop Church
6 Naughtright Road, Hackettstown
“Holiday Celebration”

Hot Lunch will be provided - \$4.00
Seating is Limited – RSVP at 908-879-2202

Tuesday, December 18th 11:00 to 12:30 PM



**Jewelry Making
Workshop with Julia**

Cost: \$7.00
Limited Seating – RSVP at
908-879-2202

Thursday, December 20th 10:30 AM to 12:00 PM

Nutrition Talk With Stacie

“Healthy Holiday”
Store Tour & Tasting
ShopRite of Chester

Questions? Contact Stacie: 908.879.6813

Every Monday & Tuesday 9:30 AM to 11:00 AM

Healthy Bones

Project Healthy Bones® is an evidence-based
**exercise program for people with or at risk
for osteoporosis.** The sessions include
exercises to improve strength, balance and
flexibility, and education on nutrition, safety,
drug therapy, and lifestyle related to osteoporosis.

Every Tuesday and Thursday 1 to 4 PM

Dance, Piano and Exercise Programs

Chair Yoga, Chair Pilates, Gentle Yoga, Piano
Lessons, Line Dance, Barre Class (non-impact
aerobic), Tai-Chi and more!

(See full schedule on reverse for more info.)



Festival of Trees
“Home for the Holidays!”

December 1st – 8th, 2017

Monday & Wednesday 10 - 6

Saturdays 10 – 5

Tuesday, Thursday & Friday 10 - 8

Sunday Noon - 5

Admission: \$10 - Adults \$5 - Seniors & Students



The Senior Resource Center
will be closed

December 24th – January 4th

Have a safe and happy holiday!

